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Fall 2008 Newsletter

Dear 21 Reasons Supporters and Friends,

The start of the school year can feel like a fresh start: the air is crisp and clean, and the year's slate is blank. It can be an exciting time!

But the beginning of the school year can put youth at higher risk for drinking alcohol. New friends, new environments, new responsibilities and new stressors all have been linked to alcohol use and abuse.

The good news is that with a little extra support, youth can sail through these transition times.

Check out our new [handouts](#) for some ideas on how you can minimize the risk for the young people in your life.

Learn more by contacting us at 21reasons@mcd.org or visiting our website at www.21reasons.org. Then share your thoughts by posting comments on our blog.

All our best--
Erica, Jo, Emily, and Jen

Candidates Comment on Youth Alcohol Access

The staff at 21 Reasons asked each Portland City Council candidate three questions about their stance on preventing youth access to alcohol.

[Visit our website](#) to see the questions and the candidates' responses.

image credit: [selfnoise](#)



More Reading:

[Alcohol Outlet Density: What the Research Says](#), presented to the Portland City Council's Public Safety Committee, September 9, 2008.

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Quick Links

www.21reasons.org

www.maineparents.net

www.maineBAC.org

Hot off the Press!

New items available on our website:

[21 Reasons Brochure](#)

[Handouts](#)

[New Magnet Design](#)

[Reports and Publications](#)

SAVE THE DATE!

The 2008 **Maine Prevention Convention** will be held on Friday, November 14th in Bangor. We hope you can join us!

[Responsible Bar Management Guidelines](#), as unanimously adopted by the Nightlife Oversight Committee (NLOC). NLOC is a sub-committee of Portland's Downtown District and is made up of bar owners with participation from the City Council's Public Safety Committee and the Portland Police Department.

College Presidents Propose Lower Drinking Age

SUPPORT
21 In July 2008, a consortium of college presidents presented the Amethyst Initiative, a project to address irresponsible drinking. However, the Initiative does not recommend dealing with this problem through proven methods (like stronger campus policies and enforcement, reduced alcohol availability and promotion on campus, improved access to alcohol screening and intervention, campus-community partnerships, and social norms campaigns) but instead proposes a reconsideration of the Minimum Legal Drinking Age (MLDA).

Certainly drinking on campus is a serious issue. A 2007 [report](#) from the Department of Health and Human Services details the scope of the problem:

- In a recent survey, almost 1 in 5 college students aged 18-24 meet the criteria for alcohol abuse or dependence.
- Among 18-24 year olds, binge drinking (5 or more drinks at one occasion for men, 4 or more for women) and driving while intoxicated has increased.
- Each year, an estimated 696,000 students between 18 and 24 are assaulted by another student who has been drinking, and more than 97,000 are victims of alcohol-related sexual assault or date rape.

In 2005, [a study](#) published in the American Journal of Public Health reported that what most strongly predicts binge drinking among college students are 1) state and campus policies about alcohol control, and 2) the behavior of older adults. Lowering the MLDA is not going to protect anyone-- and may put younger students at risk.

[Click here](#) to let the [Amethyst Initiative signers](#) know your thoughts on the 21 MLDA.

More reading on the Amethyst Initiative:

["Colleges Work to Lower Level of Underage Drinking, Binge Boozing," Kelley Bouchard, Portland Press Herald, August 24, 2008.](#)

["You have to ask, what are these college presidents thinking?"](#)
Erica Schmitz, Maine's Environmental Substance Abuse Prevention Center; and Malory Shaughnessy, Maine Alliance to

[Click here](#) for more info.

[Upcoming meetings:](#)

Portland Steering Committee Meeting,
Wednesday, October 15, 2008, 3:00-4:30 pm, 175 Lancaster Street, Suite 220A.

Gray/New Gloucester Task Force Meeting,
Thursday, October 30, 2008. 4:00 pm, Pineland YMCA, room TBD

Casco Bay Steering Committee Meeting,
Tuesday, November 18, 2008. 7:30 am, Cumberland Town Hall.

21 Reasons has joined the blogosphere!

Check out the latest at: www.21reasons.org

Please add your comments. We appreciate your feedback!

Prevent Substance Abuse, Maine Voices, Portland Press Herald, September 18, 2008.

[The Higher Education Center for Alcohol and Other Drug Prevention's Q&A on Drinking Age](#)

[The Journal of Studies on Alcohol: College Drinking, What It Is, and What To Do about It: A Review of the State of the Science](#)

[College Fact Sheet for Parents](#)

[More statistics about the risks of college-age drinking](#)

21 Reasons Program Expansion

We are proud to announce that all three grants we applied for last spring came in! These include: Drug Free Communities (DFC) **Renewal Grant** for Year 4; a four-year DFC **STOP Grant** to expand our underage drinking prevention work in Portland; and a two-year DFC **Mentor Grant** to support efforts in the Casco Bay region. **We were only one of 14 communities nationwide to be awarded a DFC Mentor Grant.**

With new funding comes new faces. Please join us in welcoming:



Jennifer Hodsdon will be serving as Project Assistant for 21 Reasons in Portland working on the STOP Grant initiatives.

Suzanne DiBella will be serving as Research Project Assistant for Maine's Environmental Substance Abuse Prevention Center (MESAP), as Emily Wolff will now be working full-time in the Casco Bay region.



With new faces comes new spaces. **Our new address is 175 Lancaster Street, Suite 220A. We are in the other end of the same building, second floor.**

21 Reasons goes to Nashville

Erica, Jo and Emily presented two workshops this summer at the [OJJDP's](#) (Office of Juvenile Justice and Delinquency Prevention) **10th Annual National Underage Drinking Enforcement Training Center Leadership Conference in Nashville.**

The first workshop, "Real-life Lessons Learned: Implementing CMCA in Portland, ME" provided examples from implementing the CMCA (Communities Mobilizing for Change on Alcohol) model in Portland, and reviewed the 21 Reasons coalition's evaluation results, successes, and challenges.

We also presented a workshop called "Policy Change for a Safer Nightlife in Portland, ME: Successes and Lessons Learned." Workshop participants from all over the country

were keen to hear about our collaboration with Portland's Nightlife Oversight Committee, Portland's Downtown District, bar and restaurant owners, and our own Public Safety officials to improve public safety in the Old Port.



21 Reasons is part of [MESAP: Maine's Environmental Substance Abuse Prevention Center](#) at [Medical Care Development, Inc.](#)

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